



Sept. 14, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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ACC-RI Soldier Takes Second In Combatives Tournament

An Army Contracting Command-Rock Island Soldier excelled at the Battle for the Rock Combatives Tournament, held at the Rock Island Arsenal fitness center, Sept. 12. Staff Sgt. Michael McCollum, contract specialist, 920th Contracting Battalion, won the Heavyweight Silver Medal, and said he enjoyed participating in the tournament. "It was fun and challenging," said McCollum. "I like that the competition itself put me in a position I had never been in before. I've never competed in a combatives tournament before, so it was good to see how I reacted in a high-pressure environment." McCollum said he has gone through seven weeks of the Modern Army Combatives Program. According to the U.S. Army Combatives School website, the MACP began in 1995 and spread Army-wide. The MACP's mission is training leaders and Soldiers in close quarters combatives to instill the Warrior Ethos and prepare Soldiers to defeat enemies in hand-to-hand combat. ([More](#))



Upcoming Dates

- Sept. 24:** Newcomers Orientation and Bus Tour, Arsenal Island Clubhouse, 8 a.m.
- Sept. 24:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- Sept. 26:** Back to School Bash, School Age Center, Bldg. 150, 5 p.m.
- Sept. 27:** Gold Star Mother's Day
- Sept. 29:** RIA Semi-Annual Employment - Education Event, Heritage Hall, Bldg. 60, 9:30 a.m. - 1 p.m.
- Sept. 29:** Cards for the Troops, Heritage Hall, Bldg. 60, 6:30 p.m.
- Oct. 2:** Join the Fight March Against Domestic Violence, Rodman Avenue, 11 a.m.
- Oct. 2:** RIAWC Night at the Putnam, Putnam Museum, Davenport, 6-10:30 p.m.
- Oct. 4-10:** National Fire Prevention Week - "Hear the Beep Where You Sleep" 📻
- Oct. 7:** Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair, 10 a.m., Heritage Hall, Bldg. 60
- Oct. 8:** Domestic Violence Awareness Month Proclamation Ceremony & Training Symposium, Heritage Hall, Bldg. 60, 8 a.m.
- Oct. 9:** Golf-toberfest, Arsenal Island Golf Course 📻
- Oct. 9:** ROCKtoberfest, Heritage Hall, Bldg. 60, 5 p.m.
- Oct. 21:** RIAWC Ghosts and Goblins Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.

RIA's Sgt. Audie Murphy Club Inducts New Member

Enlisted Soldiers have to be recommended for exemplifying the Army values before they can even test for membership in the Sergeant Audie Murphy Club. In September, Rock Island Arsenal's SAMC inducted their newest member. Sgt. Edwin Garcia is a food inspection sergeant with Public Health Command District-Fort Knox, Kentucky, and he is the only Soldier assigned to his section at RIA. Far from his flagpole, Garcia said he worked hard to find mentors and a place on the island. "There's only one of me in my unit," he said. "Since I've been here, I've participated with Army Sustainment Command, and they've welcomed me almost like their adopted Soldier. Since I have been here, they've been taking care of me." ([More](#))



New Command Teams, Senior Advisors to the Army National Guard, Given First Army Overview

First Army welcomed its new commanders, command sergeants major, and Senior Advisors to the Army National Guard during an orientation held here Sept. 14-18 in First Army headquarters. Attendees were given an overview of First Army and equipped with the tools to carry out their duties. This is the second year that First Army has included SRAAGs in the orientation. Each state and territory has a SRAAG whose mission is to provide military advice and assistance to the state's Army National Guard commanders concerning organization, operations, training and readiness. Col. Robert King, SRAAG for Idaho, came to the orientation already knowing something about First Army, but said the week was well-spent. ([More](#))



National Preparedness Month

Natural and manmade tragedies follow no timetable. The 10th anniversary of hurricane Katrina, the remembrance of Sept. 11, 2001, and this summer's shootings at reserve and recruiting centers in Chattanooga, remind us of the need for preparedness. When we aren't prepared, these events challenge our collective security and resilience. As we left August and entered September, we marked the end of Army Antiterrorism Awareness Month and the beginning of National Preparedness Month. Our entire Army shares the responsibility to be prepared. Preparing Soldiers, Civilians and our Families for emergency situations ensures the strength of our resources and our ability to continue to safeguard our installations. This year marks the 12th annual observance of National Prevention Month. The U.S. Army's focus remains steadfast: educate, empower and involve the Army community in preparedness activities to enhance the resiliency of the Army and increase the nation's readiness for all hazardous events. ([More](#))



New Threat of Shutdown Rehashes Old Fears for Feds

With the threat of another government shutdown looming and no update on progress for budget talks, concerns over impact have federal employees on edge, especially those who were furloughed for 16 days in 2013. On Thursday, President Barack Obama and top Democrat leaders agreed that a short-term, clean continuing resolution is the best way forward to avoid a government shutdown on Oct. 1. The President met with Senate Minority Leader Harry Reid (D-Nev.) and House Minority Leader Nancy Pelosi (D-Calif.) to ensure they were on the same page as the end of the federal fiscal year nears. Obama, Reid and Pelosi also discussed the importance of securing a long-term

transportation deal, renewing the Ex-IM bank charter and other priority investments. Obama reiterated that threats by some Republicans to shut down the government and eliminate health care services is a game of chicken that they cannot accept. ([More](#))

A Government Shutdown: What Federal Employees Need To Know About Their Pay and Benefits

With a potential government funding lapse drawing close, some financial planning now will help federal employees be ready if the money stops Oct. 1. The good news for some is that the money won't stop. For the most part, this involves those working for agencies that are "exempt" from a shutdown because they don't get their funding through the congressional appropriations process. The largest of these is the U.S. Postal Service, which operates on income from postage and the items it sells. Other agencies, or parts of them, also have funding not subject to annual appropriations — for example, through fees they charge for their services, or from trust funds or multi-year budgets. ([More](#))

Pentagon Plan to Move Civilian Workers Outside the Civil Service System Draws Fire

A Defense Department draft document aimed at bringing a World War II-era personnel system into the information age would reclassify thousands of civilian workers, moving them outside of the traditional civil service system and prompting the government's largest employee union to denounce the plan as a violation of employees' rights and merit-system fundamentals. The Pentagon's "Force of the Future" set of hiring and management reforms, requested by Defense Secretary Ash Carter, would move much of the "non-bargaining-unit civilian workforce from Title 5 [of the U.S. Code] to Title 10, for all personnel management actions, including hiring, determining compensation, managing performance and promotion," according to a draft obtained by Government Executive. Two-thirds of the Defense Department's civilian workforce is currently hired and managed under Title 5 competitive service authorities, the memo stated. Those authorities -- governed by the Office of Personnel Management -- apply to much of the federal civilian workforce, though certain agencies including the Commerce Department, the National Science Foundation, NASA and the Federal Deposit Insurance Corp. have received exemptions, according to the Defense plan. ([More](#))



President Nominates First Openly Gay Army Secretary

Eric Fanning, formerly one of Defense Secretary Ash Carter's closest advisers, has been nominated to be the next Army secretary, the White House announced Friday. Fanning has been serving as the acting under secretary of the Army since June. Before that, he served as Carter's chief of staff. If confirmed by the Senate, Fanning will succeed Army Secretary John McHugh, who has said he will leave the post by Nov. 1 after six years on the job. "Eric brings many years of proven experience and exceptional leadership to this new role," President Barack Obama said in a statement. "I am grateful for his commitment to our men and women in uniform, and I am confident he will help lead America's Soldiers with distinction. I look forward to working with Eric to keep our Army the very best in the world." ([More](#))



New Federal Employee Health Insurance Option Will Mean Savings For Some, Higher Costs For Others

Family coverage premiums in the health insurance program for federal employees and retirees will increase by 7 percent on average for 2016 because of the introduction of a new option covering only the enrollee and one family member. Meanwhile, current family plan enrollees who switch to that new option, called self plus one, will save 6 percent on average compared with current rates, the government projects. The Office of Personnel Management plans to publish rules tomorrow that include those assumptions of how adding that option will affect premiums in the Federal Employees Health Benefits Program, separate from pending changes in premiums that occur year to year because of overall health-care costs. In recent years, average premiums have increased by about 4 percent per year, although within that average, there is variation among plans — with some increasing more, others holding about steady and others decreasing. During an open season that this year will run Nov. 9-Dec. 14, employees and retirees may change plans or change levels of coverage for the following year. ([More](#))



Army Criminal Investigation Command Seeks Soldiers

"Wanted." The word placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge incites fear in criminals around the world. The latest "Wanted" poster released by the U.S. Army Criminal Investigation Command; however, is seeking assistance of a different kind. Commonly known as CID, the command is seeking applications from qualified Soldiers to train and serve as sworn federal law enforcement agents. CID and its agents support the Army in peace and war, by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID's reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement. "If you want to do real detective work, if that is where your heart is, Army CID is where you need to be," said Chief Warrant Officer 5 John Welch, the command's chief warrant officer. "That is what we do day-in and day-out." ([More](#))



Security Passes

For people with a regular need to enter Rock Island Arsenal, such as the parents of children in the Child Development Center who are not government employees, passes are readily available. Please visit the post Security Office in Bldg. 225 during business hours to allow the staff to conduct a background check and issue a pass. Passes for up to one year are available for those with a regular verified need to visit the Arsenal. The Visitor Control Center has not opened as anticipated due to staffing and construction issues. The Physical Security Division is issuing badges in Bldg. 225, 2nd floor, which is accepting information to conduct NCIC III checks and issue badges for access to Rock Island Arsenal. The hours of operation are 6 a.m. – 2 p.m., Monday through Friday. POC is [Dale Heiser](#), 309-782-0551 or usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil. Additional announcements will identify the opening of the visitor control center. Please address any questions to the above number or email address.

VIOS Schedule for October & November, Opportunities Extended to 5 Days

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 19, 20, 21, 22, and 23; and Nov. 16, 17, 18, 19, and 20.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the

[Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Oct. 9 and 16, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

RIA Retirement & Retreat Ceremony

Rock Island Arsenal Award, Retirement & Retreat Ceremony Maj. Gen. Kevin O'Connell cordially invites you to attend the 4th Quarter FY15 Award, Retirement & Retreat Ceremony in honor of Soldiers completing years of service to our Nation from the Army Sustainment Command, First Army and Joint Munitions Command. The ceremony will be held Thursday, **Sept. 24**, at 2 p.m. in Heritage Hall, Bldg. 60. Uniform for personnel not participating in the ceremony is duty uniform for military and casual for civilian. A sign language interpreter will be available for the hearing impaired.

8th Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8th Annual Cards for the Troops. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to: mssipple1@gmail.com. Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

RIAWC Night at the Putnam

Join the Rock Island Arsenal Welcome Club on Friday, **Oct. 2**, 6-10:30 p.m., at the Putnam Museum in Davenport, for an exclusive "Night at the Putnam" commemorating D-Day: Normandy, 1944, the Men Who Gave Everything. Cost is \$35 and dress is business casual. Please RSVP by **Sept. 23** to riawc900@yahoo.com or call 309-203-1135. Heavy appetizers, cash bar will be available. All proceeds to towards RIAWC local scholarships and community support grants. Sponsored by DynCorp International.

All Hands For Vets

Join Papa's Helping Vets and fellow military supporters for the Inaugural All Hands For Vets. AHFV is fundraiser supporting all veterans who serve our country in order to maintain our freedom. All Hands for Vets will be held at CRU Wine Bar (221 Brady St., Davenport) on Saturday, **Oct. 3**, from 2 to 6 p.m. The event will consist of guest veteran bartenders, martini and wine vendors, tasty eats, signature cocktails, a silent auction, and a raffle featuring Quilts for Valor. There will be a \$10 suggested donation. All proceeds will benefit Papa's Helping Vets, Inc. Papa's Helping Vets is a 501(c)3 nonprofit organization established by volunteer veterans and their families, in an endeavor to provide our displaced service men and women the basic means of establishing a home. Doug (Papa) Dee, his wife Jude and our volunteers have been helping veterans and other homeless families, realize a better life, by providing them with everything from bedding to kitchen needs and of course furniture since 2007. These men and women, in the Quad City area, for different reasons, have become homeless. Through partnering with other organizations Papa's Helping Vets, Inc. has been able to help them set up new lives in their dwellings.



Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair

The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held Wednesday, **Oct. 7**, 10 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos will be the featured item (proceeds to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations.



Rock Island Arsenal Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, Saturday, **Oct. 24**, 7:30 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program;

numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: qcmrad@gmail.com or call 563-508-5123 to make reservations.

Pillars of Honor Coming to Quad-City Area

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at

www.pillarsofhonor.org. This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235- 3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: info@pillarsofhonor.org for more information.



Congressman Lane Evans Celebration

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.



Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Oct. 30, Nov. 27, Dec. 25, and Jan. 1**, no food served.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



Work on 14th Street Ramp

The ramp from 14th Street Bridge, scheduled for closure through at least **Oct. 23**, could be finished ahead of schedule, according to officials at the Moline Public Works Department. Moline officials said Wednesday that work on the bridge could be finished as early as **Oct. 2**, with minimal rain and no unforeseen, badly deteriorated concrete near the joints that are under maintenance. The contractor has until **Oct. 23** to finish the work. Until the work is complete, traffic leaving the Arsenal via the Moline Gate must exit on to river drive, as the ramp to 14th Street will remain closed.

Parking Lot Restriping to Occur From August through October

During **August through October** DPW will be restriping parking lots on the installation. This will include improvements for accessible parking near visitor locations as discussed here: • Convert existing visitor parking spaces into accessible spaces in Lot 1R, the courtyard of Bldg. 110. Spaces will serve health clinic patrons. • Convert open parking into two accessible spaces in the NE corner of Lot 1O. Spaces will serve visitors to the ball fields and events in Memorial Park. • Convert open parking in lot 1U into a total of four accessible spaces; two located near the newer accessible playground and two located near the pavilion. Spaces will serve Memorial Field visitors. Striping in other parking lots will be similar to existing. Striping will be done during times when parking lots are typically vacant and cones or warnings will be posted in work areas.

Building Demolition Notification

The Rock Island Arsenal Garrison began demolition of eight structures on July 27, which will last until Sunday, **Jan. 31**. Buildings 105 and 157 will have temporary fencing with warning signs around the site perimeter during demolition. The other buildings are remote or away from public encroachment and will not be fenced, but signs will be installed warning of the demolition. Demolition of Bldg. 157 is planned for Monday, **Aug. 31**, through Friday, **Oct. 2**; during this building demolition the east section of Parking Lot 1K will be closed. Reserved parking impacted by this project will be relocated as close to the entrance of Bldg. 110 as possible. Specific dates for demolition of other buildings are not known at this time. Pedestrians and drivers should not enter demolition zones and should be vigilant of extra traffic and equipment during demolition.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



Building/Space Closures



There are no announcements at this time.



Active Duty/Reserve Zone



Military Singles & Geo-Bachelors - A Night of Goulishness

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Oct. 7**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. The October theme for the evening is "A Night of Goulishness" and will featured a menu to include "Eye of Newt" soup (turkey meatball and veggie soup), "Grass from the Tomb" (salad), "Rotten stones" (wheat rolls), and "Worms & Dirt" (dessert).

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Motorcycle Riding Courses

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

- Military Sport Bike Riding Course: **Sept. 22** (one eight-hour day)
- Basic Motorcycle Riding Course: **Sept. 23-24** (two eight-hour days)

Registration for courses is through the web-based "AIRS" system at

<https://imc.army.mil/airs/default.aspx>

Note: Each course is limited to 12 riders. If a minimum number of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If the need exists for additional classes or you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email nancy.l.carlson.civ@mail.mil or michael.j.chaplin.civ@mail.mil, respectfully.

Equal Employment Opportunity Focus



RIA Hispanic American Heritage Observance

Rock Island Arsenal First Army and ASC Equal Opportunity is hosting the installation's Hispanic American Heritage Observance on Thursday, **Oct. 7**, in Heritage Hall, Bldg. 60. The event will feature food sampling from 12:30 – 12:55 p.m., with the formal observance starting at 1 p.m. The guest speaker is Jacqueline Camacho-Ruiz, the owner and "Make-it-Happen" Director of JJR Marketing Consultants, a full-service, award-winning marketing and public relations agency in Aurora, Illinois. Camacho-Ruiz speaks to hundreds of audiences nationwide and is described as having a fire about marketing, PR, and life that leaps off the stage. She is the author of "The Little Book of Business Secrets that work!" and "The Fig Factor," "The Fig Factor Journal," "200 Consejos Poderosos para Alcanzar el Exito en los Negocios," contributing author of "Overcoming Mediocrity," a superhero character in the motivational comic book "The Crusaders." A regular print, radio and TV guest, she has been featured on CBS World News, WGN 9, CBS 2, ABC 7, WGN Radio, 560 WIND, Univision TV and radio, Latina Style Magazine, Crain's, among others. Camacho-Ruiz is actively involved in the community through her service on the boards of Publicity Club of Chicago, Junior Achievement- Western Region, community contacts, YWCA, Aurora



Hispanic Heritage Board, among others. In addition, the observance will feature a performance by the Glenview Middle School Mariachi Band from Glenview Middle School in East Moline. The band, made up of 23 students, started practicing last fall and first performed in January. Music teacher Rich Clark said the idea was inspired by the East Moline school's demographic make-up. "It just so happens that our district has 30.7 percent Latino population, which is almost a third of the school," said Clark. "If we have that large of a Latino population, we should be doing something within our music program to meet the needs of those students." Mariachi is a form of Mexican folk music that dates back to the 1840s. The genre has proved to be a popular pick among students, who play either guitar, violin or trumpet. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Hispanic." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.

National Hispanic Heritage Month

Each year from Sept. 15-Oct. 15, the U.S. Army community both reflects upon and celebrates the tremendous contributions of Hispanic Americans in the U.S. Army. These individuals have not hesitated to defend and show their allegiance to the nation in many important ways. The legacy of exceptional service begun by prior generations of Hispanic Americans continues today, and is evident in various functional areas of the force and levels of leadership. Hispanic Heritage Month begins Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This month takes into account, the independence day of Mexico on Sept. 16 and Chile on Sept. 18. Throughout Spain and Latin America, Columbus Day is also celebrated as "Hispanity Day." America's Army remains a highly capable and mission ready force by continuing to leverage the strengths found in its diverse, all-volunteer force. The depth of experience evident in the Army's talent pool helps sustain the legacy as the effective fighting force that America, its allies and adversaries know today. During the Korean War, the Borinqueneers of Puerto Rico's 65th Infantry Regiment launched the last recorded battalion-sized bayonet charge and overran the Chinese 149th Division south of Seoul on Feb. 2, 1951. This battle exemplifies the unwavering courage and indomitable spirit that has earned the Hispanic-American Soldiers a distinguished legacy. With more than 40 Medal of Honor recipients dating back to the Civil War, Hispanic Americans continue to represent the Army with deep and abiding patriotism and heroism. There is important work to be done worldwide, and Hispanic-American Soldiers are among those who are able and capable to do it. As a tribute, a tri-signed letter by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army encourages the Army installations worldwide to plan and execute appropriate commemorative activities to celebrate National Hispanic Heritage Month. The Army will continue to pay tribute to Hispanic-American Soldiers by sharing their stories of valor. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



October is Fall Car Care Month

Winter is coming, time to make sure your vehicle is ready for another Midwest winter. All month long save money with these great deals at the Auto Craft Shop. • \$21 Standard Oil Change & Inspection (includes up to five quarts 5w30 or 5w20 synthetic blend oil, filter and comprehensive vehicle inspection). • \$55 Mobil® 1 Full Synthetic Oil Change & Inspection (includes up to six quarts Mobil® 1 5w30 or 5w20 full synthetic oil, filter and comprehensive vehicle inspection). • Free Pre-Winter Vehicle Inspection (comprehensive vehicle inspection of belts, hoses, tires, undercarriage and antifreeze protection). *Appointments required for all specials, call 309-782-8631 to schedule yours today. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back, Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. The menu is available here: www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png

Additional Vacuum & Spot Cleaner Now Operational at the Auto Shop

The newest piece of equipment at the Auto Shop Carwash is now operational and ready to get your ride looking clean and great. This combination vacuum and carpet spot remover is just \$1 for five minutes, is available 24/7 and accepts bills and coins.

Quad Cities Marathon Volunteers Needed

Seeking volunteers for the Quad City Marathon to help with water stations, traffic control, and key locations to assist the runners with course directions. All volunteers will be used on Arsenal Island

for this leg of the marathon. Volunteers will receive a free t-shirt. If interested, please contact Desiree Aidala at the Fitness Center, 309-782-6789.

Date: **Sunday, Sept. 27**

Time: **7 a.m. – 1 p.m.**

First Friday Social

Join your Island colleagues Friday, **Oct. 2**, 3-7 p.m., in the Lock & Dam Lounge (Bldg. 60), for a fun evening of appetizers, drinks, networking, socializing and karaoke. This month we will feature happy hour from 3-5 p.m. with \$1 drafts. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. Call 309-782-4372 for more info. ([Flyer](#))

Golf-toberfest & Rocktoberfest

Play 18 holes with a cart anytime on **Oct. 9** and then afterwards head up to Heritage Hall (Bldg. 60) and pick up your included collectible custom stein, fill it with your favorite beer and get your Bavarian on at our annual Rocktoberfest Celebration. Enjoy a great selection of local craft beers, authentic German Cuisine and the infectious beats of Funktastic Five. Cost is \$40 golfer which includes 18 holes with a cart, a collectible beer stein and your first beer. Call 309-793-1604 for more info and to make tee times, make sure to mention that you want the Golf-toberfest package when making your tee times. Admission to Rocktoberfest is free and commemorative steins can be purchased for \$15 which includes your first beer. ([Golf-toberfest Flyer](#)) ([Rocktoberfest Flyer](#)) ([Rocktoberfest Food Menu](#))

Trunk or Treat

Fall is in the air and that means it's almost time for our annual Trunk or Treat event Wednesday, **Oct. 21**, 3:30-6 p.m., at Memorial Park. Get your little ghouls and goblins dressed in their costumes and get ready for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning two-time champions JMC and win the best trunk competition. Trophies for 1st - 3rd place trunks. For more info call 309-782-5969 or 309-782-2828. ([Sign up here](#)) ([Trunk Decorators](#)) ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Leisure Travel & Outdoor Recreation Closures

The Leisure Travel Office and Outdoor Recreation will be closed for mandatory training.

Date: **Wednesday, Oct. 7**

Time: **8:15 a.m. - 12:15 p.m.**

Leisure Travel & Outdoor Recreation Closure

Leisure Travel and Outdoor recreation will be closed from 8:15 a.m. - 1:15 p.m. for mandatory training.

Date: **Wednesday, Oct. 14**

COMNAV System Updates

During this period, Wednesday - Wednesday, **Sept. 16-23**, the system that the Leisure Travel Office uses to purchase Disney World and Universal Tickets is unavailable due to their yearly audit. Please keep this in mind when doing vacation planning and as always please make sure to book your tickets at least three weeks in advance of your travel to allow for processing and shipping. Call the Leisure Travel Office at 309-782-5890 for more info.

Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to WavesofHonor.com to register for and obtain your free tickets. *These tickets must be obtained online only*

Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Disney LIVE! Three Classic Fairy Tales

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of "happily-ever-after" is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

Circa 21 Presents: Route 66

Circa '21's tradition of presenting musicals that feel as comfortable as your favorite sweater, Route 66 is a new romantic comedy featuring a catchy story, with songs and clever down home lyrics that move to the rhythm of America. Leisure Travel has discounted seats on sale until **Oct. 2**.

Date: **Saturday, Oct. 17**

Time: **6 p.m.**

Disney on Ice presents: Treasure Trove

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Tiana, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land and shout out your loudest "yee-haw" with Woody, Jessie and Buzz Lightyear from Disney Pixar's Toy Story! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see Disney On Ice presents Treasure Trove full of memories guaranteed to last a lifetime. Leisure Travel has two shows this year. Saturday, **Dec. 5**, at 3 p.m. or Sunday, **Dec. 6**, at 5 p.m., Children one and under free on lap; 12 and under \$14. Upper level \$16 and Lower level \$22. On sale until **Nov. 13**.

Adventureland Ticket Supply Exhausted

The Leisure Travel Office has sold out of their yearly supply of Adventureland tickets but we still have Six Flags Great America tickets and we also have Six Flags Fright Fest Tickets. Call 309-782-5890 for more info and to reserve your tickets.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Choice Hotels

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.

www.choicehotels.com

Child, Youth & School Services



Back to School Bash

Hey 6th – 12th graders, get all of your friends together Saturday, **Sept. 26**, 5-8 p.m., and get to the School Age Center (Bldg. 150) for our annual back to school bash. Reconnect with friends you didn't see over the summer and make lots of new ones too. There will be free food, air hockey, pool, foosball, Xbox Kinect and lots of prize drawings. RSVP by **Sept. 11** by calling 309-782-1651. See you there. ([Flyer](#))

Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family

Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Newcomers Orientation & Bus Tour

Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour Thursday, **Sept. 24**, 8 a.m. - 12 p.m., at the Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

Join the Fight March Against Domestic Violence

Line Rodman Ave. and join our march Friday, **Oct. 2**, as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks. Also an additional outdoor grill will be available to purchase food in the parking lot after the march. We are still in need of volunteer road guards for this event so please consider volunteering to man one of the cross streets and then join the march as we pass by. For more info call 309-782-3773. ([Flyer](#))

Advanced Résumé Class

This class, taking place Friday, **Oct. 2**, 1:30-3:30 p.m., in the ACS Training Room, Bldg. 110, is for spouses, but open to all service members, Retirees, DA civilians, and their Family members. Learn advanced techniques on how to tailor your resume for federal employment. RSVP required by Sept. 28, call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Domestic Violence Awareness Month Training Symposium

Join the Victim Advocacy Program Thursday, **Oct. 8**, 8 a.m. - 4 p.m., as we kick off Domestic Violence Month with a proclamation ceremony followed by training sessions designed to help answer some of the hard questions associated with this subject that is sometimes difficult to talk about. Call 309-782-3773 for more info. ([Flyer](#))

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Prescription Drug Take-Back Day

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Sept. 30**, the ASAP and law enforcement will be collecting unused and expired prescription drugs at the following place and time: **Sept. 30**, 6-8:15 a.m. and 2:30-4:45 pm., at the Memorial Field Pavilion. We are unable to accept needles or syringes. For more information about the prescription drug take-back day call the Army Substance Abuse Program at 309-782-4357.



Suicide Awareness Month – September

Would you know what to do if someone told you they didn't want to live anymore? Each year, almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't handle it anymore—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret could lead to tragic results. Suicide is a fatal response to a treatable, and reversible, condition – that condition most often being depression. It is important that you seek help for yourself or for another person if you notice the following:

- Feelings of hopelessness about the future;
- Acting reckless or engaging in risky activities;
- Feeling trapped; like there's no way out;
- Increased alcohol or drug use;
- Withdrawing from friends, family and society;
- Increased anxiety, agitation, inability to sleep or sleeping all the time;
- Dramatic mood changes;
- Excessive interest, talk, or writings focused on death, dying or suicide;
- Believing there is no reason for living; having no sense of purpose in life.

Call 9-1-1 or seek immediate help from a mental health or medical provider if you notice the following:

- Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself and having a specific plan to carry out the act;
- Someone looking for ways to kill

him/herself by either having or seeking access to firearms, available pills, or other lethal means. The Rock Island Arsenal Employee Assistance Program would like to remind you that confidential counseling services are available to you and your immediate family members at no cost. Call 782-4357 to schedule an appointment. If you are experiencing a crisis and need immediate assistance, you can access the National Suicide Prevention Lifeline at 1-800-273-TALK, anytime 24/7.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Army Education Center Closed

The Rock Island Army Continuing Education Center will be closed 8 a.m. – 2 p.m. on **Sept. 29**. We will be co-hosting our Semi-Annual Employment-Education Event. The event will be located in Bldg. 60, Heritage Hall. Please stop in to see us and visit more than 50 employers, academic institutions and Veterans Service Organizations.

Employment-Education Event at Rock Island Arsenal – Sept. 29

The Directorate of Human Resources, U.S. Army Garrison, will be hosting the Semi-Annual Employment-Education Event on Tuesday, **Sept. 29**, 9:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. More than 50 employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or email christopher.j.gegenheimer.civ@mail.mil. Any questions about the event can be directed to Sharon Lampert, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email: usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Do something today that your future self will thank you for.

Free Online Learning Tools

Anyone with a Rock Island Library card and lives in the Rock Island or Milan-Blackhawk Area Public Library District and has access to the internet can use these free tools provided by the Rock Island Library. Login with your library card and start using all of these wonderful free online learning tools now. www.rockislandlibrary.org 309-793-READ Main Library - 401 19th St Rock Island 30/31 Branch - 3059 30th St Rock Island Southwest Branch - 9010 Ridgewood Rock Island Please stop by the Rock Island Education Center, Bldg. 56, Room 119, and pick up information and a flier on these wonderful learning tools.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Oct. 8, Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Oct. 15, Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Oct. 29, Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

New Commissary Reform Plan to Protect Shopper Savings

The Department of Defense is modifying its approach to reform the commissary benefit with new guarantees to preserve overall shopper savings and also to avoid pay cuts for current employees, according to a source who has seen fiscal 2017 budget planning documents. The guarantees are part of revised commissary overhaul proposal that officials believe Congress, shopper advocates and store suppliers will view far more favorably than the department's push the past two years to slash funding of base grocery stores and, in effect, hope the benefit survives. Senior defense officials and some military leaders still want to see most taxpayer support of the Defense Commissary Agency (DeCA) phased out so that the \$1.4 billion annual budget can be shifted to higher readiness-related priorities. The long-term goal remains to turn commissaries into self-sustaining "non-appropriated fund" activities like military exchanges. Exchange services operate for-profit department stores on base as well as food courts, specialty shops, gas stations and franchises, all of which make profits that fund base morale, welfare and recreational (MWR) activities such as golf courses, gymnasiums, movie theaters and libraries. ([More](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Sept. 14-20

On Sept. 16, 1918, Cora De Wilford, became the first woman motorcycle driver employed at the RIA. She ran errands for Storehouse A to various points on the Island and in the Tri-Cities. On Sept. 17, 1945, the Italian prisoners of war units at RIA were disbanded and returned to various ports of embarkation for relocation overseas. A system of shop management known as the Taylor System of Scientific Management was introduced in RIA shops on Sept. 18, 1911. In September 1958, the RIA achieved standardization of the Honest John trunk mounted launcher, M386. On Sept. 19, 1966, the transfer of the National Match program was concurred with Col. H. A. Snyder, commanding officer, Rock Island Arsenal. This included the pistol and rifle overhaul and rebuild, the Rifle and Pistol Maintenance Course, and other training programs for marksmanship training units.

Healthbeat



Army Works to Prevent Suicide Through Education, Intervention

The International Association for Suicide Prevention and the World Health Organization will observe World Suicide Prevention Day, Sept. 10, with the theme "Preventing Suicide: Reaching Out and Saving Lives." This observance acts as a call to action to both individuals and organizations that suicide can be prevented through education and intervention. The Army has been concerned about suicide since the Centers for Disease Control and Prevention reported in 2008 that the rate of suicide among Army service members was nearly double the civilian rate. This led to the largest military-based mental health study ever undertaken, which involved the Army partnering with the National Institute of Mental Health to study the factors leading to Soldiers ending their own lives. This year, some of the data from the "Army Study to Assess Risk and Resiliency in Service members," or STARRS, was released, and it is helping to drive changes in the way the Army views suicide. Several risk factors for suicide occur among civilian and military populations including: an existing diagnosis of depression or severe anxiety; recent behavioral health hospitalization; alcohol or substance abuse; chronic pain or a serious medical condition; experiencing a highly stressful life event; relationship conflicts; and bullying at work or among peers. In addition, Army STARRS showed some military-specific risk factors - i.e. being an enlisted Soldier, having a recent demotion or having deployed - put troops at a higher risk for suicidal acts. The Virginia Department of Health reports veterans account for 22 percent of all suicide victims in Virginia older than 18. Many times, people who attempt suicide show warning signs that they are at immediate risk. Indications include talking about wanting to kill themselves, buying a gun or hoarding medicine, talking about feeling

trapped in an intolerable situation, withdrawing from friends and Family, giving away their possessions, or distinct changes in typical mood or behavior. ([More](#))

Notes for Veterans



VA Awards Local Grants to Prevent and End Homelessness

Thousands of very low-income Veteran families around the nation, who are permanently housed or transitioning to permanent housing, will continue to have access to crucial services with the renewal of approximately \$300 million in grants under the Supportive Services for Veteran Families (SSVF) program. SSVF renewal funding, which supports outreach, case management and other flexible assistance to prevent Veteran homelessness or rapidly re-house Veterans who become homeless, went to 286 non-profit organizations and consumer cooperatives in all 50 states, the District of Columbia, Guam, Puerto Rico and the Virgin Islands. A list of grantees is located at www.va.gov/homeless/ssvf.asp. “SSVF grants empower our local partners to provide short-term-focused interventions that promote housing stability among the most economically vulnerable Veterans and their families,” said Department of Veterans Affairs’ Secretary Robert A. McDonald. “Whether they need rental or child care assistance, transportation vouchers or another type of support, SSVF grantees offer Veterans the mix of services they need to gain housing and stay housed.” ([More](#))

Around the Q.C.



Sept. 27: [Quad Cities Marathon](#) (downtown Moline)

Sept. 27: [2nd Annual Oktoberfest](#) (Our Lady of Lourdes Church, 1506 Brown Street, Bettendorf)

Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 3: [Gigi's Run](#) (Veteran's Memorial Park, Bettendorf)

Oct. 4: [SmokeEater Scramble](#) (Riverdale, Iowa)

Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)

Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)

Oct. 29: [Fright Night](#) (The District, Rock Island)

Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)

Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)

Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](#); Phone: 309-782-1121. [The Island Insight is available on-line.](#)

